



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-11-13
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Punkt pomiarowy: 4,0 km

Msc	Zawodnik	Numer	Klub	Kategoria	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km
1	SIODMIAK Igor	66	7PRO SIÓDMIAK TEAM	M14-29	00:03:35	00:07:16	00:11:00	00:14:44
2	USS Miłosz	75		M14-29	00:03:35	00:07:16	00:11:00	00:14:46
3	KĘPKA Adrian	19	KĘPKA NA TRASIE	M14-29	00:03:35	00:07:16	00:11:00	00:14:46
4	MAJKOWICZ Rafał	99	BIEGOLAS KOSZALIN	M30-39	00:03:37	00:07:30	00:11:31	00:15:32
5	PAWŁOWICZ Roland	89	7PRO SIÓDMIAK TEAM	M14-29	00:03:40	00:07:37	00:11:38	00:15:41
6	POCHRANOWICZ Aleksandra	88	7PRO SIÓDMIAK TEAM	K30-39	00:03:49	00:07:42	00:11:46	00:15:58
7	WESOŁOWSKI Marcin	77	OBSESJA BIEGANIA	M30-39	00:03:51	00:07:54	00:11:59	00:16:07
8	PICK Tomasz	60	BIEGOLAS KOSZALIN	M50-59	00:03:58	00:08:05	00:12:13	00:16:23
9	KOZIEŁ Paweł	93		M40-49	00:03:59	00:08:11	00:12:26	00:16:44
10	ZATOŃ Olga	92		K30-39	00:03:59	00:08:11	00:12:27	00:16:44
11	ZUKAL Piotr	98	7PRO SIÓDMIAK TEAM	M40-49	00:04:06	00:08:17	00:12:31	00:16:46
12	BARTHA Adrian	3		M30-39	00:04:01	00:08:21	00:12:46	00:17:09
13	BENCYCH Michał	90	7PRO SIÓDMIAK TEAM	M14-29	00:04:04	00:08:24	00:12:51	00:17:19
14	WICHER Krzysztof	91	ADWOKATURA	M40-49	00:04:10	00:08:33	00:13:01	00:17:28
15	KRACZKOWSKI Przemysław	37	142BLP TRZEBIATÓW	M40-49	00:04:14	00:08:37	00:13:06	00:17:38
16	MACIEJCZYK Mateusz	44		M30-39	00:04:25	00:08:55	00:13:29	00:18:05
17	SZPITER Tomasz	71		M50-59	00:04:22	00:08:58	00:13:37	00:18:16
18	ADASZYŃSKI Wiesław	2	BIEGOLAS KOSZALIN	M50-59	00:04:16	00:08:50	00:13:31	00:18:16
19	MAZIEC Beata	46	BIEGOLAS KOSZALIN	K30-39	00:04:19	00:08:57	00:13:38	00:18:17
20	STENKA Rafał	67		M30-39	00:04:11	00:08:41	00:13:27	00:18:18
21	OLEARCZYK Arkadiusz	51		M40-49	00:04:21	00:08:57	00:13:39	00:18:24
22	WINKOWSKI Ireneusz	95		M40-49	00:04:26	00:09:10	00:13:52	00:18:36
23	SEROWSKI Łukasz	63	BIEGOLAS KOSZALIN	M30-39	00:04:27	00:09:10	00:13:59	00:18:43
24	WIECZORKOWSKI Władysław	78		M60-69	00:04:29	00:09:13	00:14:00	00:18:46
25	GRĄBCZEWSKI Dawid	20		M30-39	00:04:17	00:08:54	00:13:51	00:18:47
26	SZYDŁOWSKI Michał	72		M14-29	00:04:29	00:09:16	00:14:14	00:19:09
27	PAWŁOWSKI Michał	58	PRECON-POLSKA	M40-49	00:04:27	00:09:15	00:14:22	00:19:14
28	HOREGLAD Paweł	25	SPEEDY GONZALES	M14-29	00:04:33	00:09:24	00:14:20	00:19:18

Msc	Zawodnik	Numer	Klub	Kategoria	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km
29	KUCHARCZYK Damian	40	KSW HUSARIA	M30-39	00:04:58	00:09:47	00:14:35	00:19:19
30	ZYG-SIÓDMIAK Kamila	84	7PRO SIÓDMIAK TEAM	K30-39	00:04:27	00:09:23	00:14:24	00:19:20
31	DANIELAK Tomasz	11		M14-29	00:04:10	00:09:03	00:14:07	00:19:26
32	KRZEWIŃSKA Małgorzata	38	TKKF KOSZALIN	K60+	00:04:53	00:09:46	00:14:37	00:19:28
33	CHUDZIK Zbigniew	9	TKKF KOSZALIN	M60-69	00:04:53	00:09:46	00:14:36	00:19:28
34	MACIĄG Piotr	43		M40-49	00:04:47	00:09:41	00:14:38	00:19:32
35	JAROSZ Dariusz	26	TKKF KOSZALIN	M40-49	00:04:51	00:09:45	00:14:41	00:19:38
36	GRYGLEWSKA Magdalena	22	142BLP TRZEBIATÓW	K30-39	00:04:48	00:09:53	00:15:03	00:19:45
37	KASPRZYK Bogdan	28	KM PSP KOSZALIN	M40-49	00:04:48	00:09:43	00:14:45	00:19:46
38	ZAWISKA Bartłomiej	83		M30-39	00:04:53	00:09:45	00:14:43	00:19:49
39	KLENIEWSKI Piotr	29		M60-69	00:04:45	00:09:44	00:14:40	00:19:50
40	MACIĄG Paweł	42	HOMOSAPIE	M40-49	00:04:58	00:09:57	00:14:59	00:20:05
41	GRUNWALD Karolina	21		K30-39	00:04:28	00:09:31	00:14:50	00:20:15
42	BOGACKI Tomasz	6	TKKF KOSZALIN	M60-69	00:04:59	00:09:59	00:15:06	00:20:15
43	BURKIET Paweł	8		M40-49	00:04:39	00:09:39	00:14:54	00:20:19
44	BOREJKO Łukasz	7		M30-39	00:05:07	00:10:14	00:15:19	00:20:20
45	OSTROWSKI Jacek	53	142BLP TRZEBIATÓW	M30-39	00:04:49	00:09:56	00:15:09	00:20:24
46	KALINOWSKI Krzysztof	94	ADWOKATURA	M40-49	00:05:07	00:10:10	00:15:16	00:20:29
47	DRULIK-HOŁUB Marta	13		K40-49	00:05:06	00:10:16	00:15:27	00:20:34
48	STAŃCZYK Sławomir	101		M30-39	00:04:53	00:10:03	00:15:15	00:20:35
49	GAWIECKI Piotr	18	ROZBIEGANY KOSZALIN	M40-49	00:04:55	00:10:00	00:15:14	00:20:44
50	ADAMSKI Dariusz	1	POLANÓW	M30-39	00:05:05	00:10:09	00:15:19	00:20:44
51	KARASIEWICZ Robert	27		M40-49	00:04:59	00:10:13	00:15:31	00:20:49
52	WYSOCKA Urszula	81		K30-39	00:05:12	00:10:31	00:15:49	00:21:05
53	BOGACKA Lucyna	5	TKKF KOSZALIN	K60+	00:05:19	00:10:33	00:15:49	00:21:06
54	WYSOCZAŃSKI Daniel	82	ROZBIEGANA USTKA	M40-49	00:05:14	00:10:31	00:15:44	00:21:06
55	PAJOR Tomasz	54	HOMOSAPIE	M40-49	00:04:58	00:10:04	00:15:31	00:21:11
56	OSOBNIAK Ryszard	52		M60-69	00:05:19	00:10:44	00:16:07	00:21:30
57	KUBIAK Katarzyna	39		K40-49	00:05:07	00:10:35	00:16:03	00:21:33
58	BORUSIŃSKA Marta	100		K30-39	00:05:23	00:10:52	00:16:13	00:21:37
59	KOZŁOWIECKI Waldemar	36	TKKF KOSZALIN	M70+	00:05:16	00:10:46	00:16:13	00:21:40
60	KOLIGAT Anna	31		K40-49	00:05:38	00:11:05	00:16:27	00:21:54
61	ŻUCHELKOWSKI Henryk	85		M30-39	00:05:01	00:10:44	00:16:20	00:21:58
62	MRUGAŁA Magdalena	50	RUNGRYF GRYFICE	K30-39	00:05:27	00:10:55	00:16:23	00:22:01
63	SUCHODOLSKA Aleksandra	68		K30-39	00:05:23	00:10:58	00:16:31	00:22:02
64	PEŁKA Iwona	59		K50-59	00:05:28	00:11:06	00:16:43	00:22:21
65	MAJ Agnieszka	45		K40-49	00:05:36	00:11:16	00:16:52	00:22:29
66	CZYCZYN Angelika	10		K30-39	00:05:15	00:10:58	00:16:40	00:22:35
67	ŻYSZKIEWICZ Izabela	86	ROZBIEGANA USTKA	K50-59	00:05:32	00:11:15	00:16:57	00:22:50
68	PARSZCZYŃSKI Michał	55		M14-29	00:05:40	00:11:08	00:16:33	00:22:57
69	PIETRZYK Rafał	61	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI	M30-39	00:05:34	00:11:20	00:17:06	00:22:57
70	KOWALCZYK Andrzej	33		M50-59	00:05:24	00:11:03	00:16:53	00:23:01
71	GUTOWSKI Marek	23		M40-49	00:05:41	00:11:20	00:17:13	00:23:19
72	MRÓZ Małgorzata	96		K30-39	00:05:33	00:11:16	00:17:15	00:23:20
73	DEPTA Kasia	12		K30-39	00:05:29	00:11:20	00:17:25	00:23:24

Msc	Zawodnik	Numer	Klub	Kategoria	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km
74	MONDRON Katarzyna	47		K40-49	00:05:28	00:11:20	00:17:24	00:23:31
75	KOBUS-MAŁANECZ Agnieszka	30		K40-49	00:05:38	00:11:34	00:17:34	00:23:36
76	SIKORSKA-LÖWE Katarzyna	64		K40-49	00:05:38	00:11:39	00:17:42	00:23:41
77	SIMINIAK Łukasz	65		M30-39	00:06:03	00:12:02	00:18:03	00:24:09
78	HELLER Zdzisław	24	HERBMARATONOW.PL	M60-69	00:05:47	00:12:01	00:18:14	00:24:30
79	WACHHOLZ Beata	76	KB BRYZA POSTOMINO	K50-59	00:05:55	00:12:04	00:18:18	00:24:33
80	GAWIECKA Mariola	17	ROZBIEGANY KOSZALIN	K40-49	00:06:17	00:13:05	00:20:03	00:26:50
81	PLATA Katarzyna	62		K40-49	00:06:50	00:14:28	00:22:01	00:29:25
82	FELKOWSKA Karolina	14		K30-39	00:06:50	00:14:29	00:22:01	00:29:25
83	KOZŁOWIECKA Małgorzata	35		K60+	00:07:07	00:14:38	00:22:04	00:29:45
84	KOSICKI Piotr	32		M50-59	00:06:46	00:14:29	00:22:30	00:30:32
85	PASEK Paula	56	KLUB BIEGOWY JANTAR ŚWIESZYNO	K30-39	00:07:20	00:15:51	00:24:51	00:33:43
86	PASEK Jan	57	KLUB BIEGOWY JANTAR ŚWIESZYNO	M60-69	00:07:25	00:15:51	00:24:52	00:33:43
87	KWIATKOWSKA Małgorzata	41	GWIAZDY PÓŁNOCY	K50-59	00:08:59	00:18:02	00:26:59	00:35:43
88	GRZEBIELUCHA Ewa	97	GWIAZDY PÓŁNOCY	K30-39	00:08:59	00:18:02	00:26:57	00:35:44
89	BECHLER Zofia	4	GWIAZDY PÓŁNOCY	K40-49	00:09:04	00:18:04	00:27:01	00:35:47

Znaleziono 89 wynik(ów)